



HOUSTON FIRE DEPARTMENT NEWS RELEASE EMERGENCY MEDICAL SERVICES

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PHYSICIAN DIRECTOR OF EMS DR. PERSSE ANNOUNCES 20TH ANNUAL CPR MASS TRAINING

Pro Football Hall of Famer/former Houston Oilers Elvin Bethea and cardiac arrest survivor Marcus Ellis* to whom Bethea gave CPR to speak today, 11:30 a.m., Friday, September 10, 2004.

Houston, (September 10, 2004) – Physician Director of Emergency Medical Services Dr. David E. Persse will kick off the 20th Annual CPR/AED Mass Training Event and Health Fair and introduce key members of the CPR task force at a press conference today, 11:30 a.m., Friday, September 10, 2004. The press conference will be held at Houston's First Baptist Church Christian Life Center, 7401 Katy Freeway in Houston, Texas (Key map 491C).

Pro Football Hall of Fame 2003 inductee and former Houston Oilers defensive end Elvin Bethea will reunite with cardiac arrest survivor Marcus Ellis at the kick off. Bethea will speak about his personal experience of saving Marcus Ellis's life by giving him CPR.

The 20th Annual CPR/AED Mass Training Event and Health will be held 8:00 a.m. to 2:00 p.m., Saturday, September 25, 2004 at Houston's First Baptist Church Christian Life Center.

Cardiac Arrest Survivor Marcus Ellis

When sudden cardiac arrest struck 30-year-old Marcus Ellis father of two, 4:30 p.m., February 3, 2004, he was processing a routine purchase order for a new tire. The sole individual in the auto service store at the time, 48-year-old Elvin Bethea was purchasing a new tire to replace the flat tire he encountered at the airport parking lot upon his return to Houston from a business trip.

"We had some casual conversation," Bethea said. "I was doing some work on my computer in the lounge area when I heard a loud thump. I turned around and didn't see the man who had waited on me. Then I heard heavy breathing. I looked over the counter and saw the man lying on the floor with his hands over his head and his eyes rolled back in his head."

With one hand Bethea began CPR on the unconscious Ellis with the other hand he called 911. "I've never been so glad to see an ambulance in my life," Bethea said. Fortunately, Bethea was prepared with CPR training. "I learned CPR training from a CPR mass training event held many years ago, and I sure am glad I had that training."

(*Marcus Ellis will attend barring medical concerns; Ellis awaits information about the feasibility of a heart transplant.)

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Houston Fire Department firefighters, paramedics, and emergency medical technicians applied advanced life support techniques for about 10 minutes including the use of a cardiac defibrillator seven times. Ellis was resuscitated and transported to a hospital. "I'm sure glad they were not quitters," Ellis said. Ellis lives in Missouri City with his wife, Tara, and their three sons.

The 20th Annual CPR/AED Mass Training Event and Health Fair, to be held 8:00 a.m. to 2:00 p.m., Saturday, September 25, 2004 at Houston's First Baptist Church Christian Life Center, 7401 Katy Freeway in Houston, Texas, will include information on additional health-related matters.

Classes will be offered at 8:00 a.m., 10:00 a.m., 12:00 p.m. and 2:00 p.m. at First Baptist Church. Fifteen additional satellite sites will offer training. To obtain site location, call 713-222-CARE (2273). Training at 1st Baptist includes Adult CPR and the use of an AED.

Instruction in "Infant/Child CPR" will be at the 12:00 p.m. session. Enrollment in the "Adult CPR" class at 8:00 a.m. is required to attend the "Infant/Child CPR" class at 12:00 p.m. for a total cost of \$20.

Courses will be offered in English and Spanish. The cost for each training session is \$10.00 and \$5.00 for seniors and students. To register or get more information on the additional sites, call (713) 222-CARE.

Ten good reasons to learn CPR (cardiopulmonary resuscitation)

1. Cardiovascular disease has been the No. 1 killer in the United States every year since 1900 except 1918 (the year of an influenza epidemic). Each year about 250,000 people who are not hospitalized die of coronary heart disease. CPR (cardiopulmonary resuscitation) provided immediately to a victim of cardiac arrest can more than double the patient's chances of going home from the hospital after treatment.
2. Approximately 1,500 cases of cardiac arrest occur in Houston annually.
3. In 2003, approximately 350,000 people in the United States were treated for cardiac arrest (National Center for Health Statistics).
4. Seventy percent of cardiac arrest occurs in homes not in malls and restaurants.
5. CPR is typically administered to a family member or coworker.
6. If cardiac-arrest victims receive no treatment, brain damage can start to occur in just four to six minutes after the heart stops pumping blood.
7. It's very easy to learn CPR. The minimum age requirement for CPR training is 14 years.
8. Early CPR and rapid defibrillation combined with early advanced care, Automated External Defibrillator (AED), can result in high long-term survival rates for witnessed ventricular fibrillation.
9. Bystander CPR more than doubles chance of survival.
10. CPR and Automated External Defibrillator (AED) Training is inexpensive.